



### Product Spotlight: Sweet Potato


Sweet potatoes originated more than 5000 years ago and aren't only orange; they can be cream, yellow, pink and purple too!




## Panko Crusted Salmon

### with Sweet Potato Chips

Salmon fillets roasted in the oven with a lemon, parsley and panko topping, served with sweet potato fries, lemon wedges and aioli for dipping!

 30 minutes

 2 servings

 Fish

## Make a lemon aioli!

*Instead of adding the lemon zest into the crumb, make a lemon aioli! Zest lemon to yield 1-2 tsp and combine with aioli and juice from 1/2 lemon.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	51g	55g

## FROM YOUR BOX

SWEET POTATOES	400g
LEMON	1
PANKO CRUMBS	30g
PARSLEY	1 packet
SALMON FILLETS	1 packet
BROCCOLINI	1 bunch
AIOLI	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

oven tray, frypan

## NOTES

Serve the sweet potatoes as wedges, halves or mash if you prefer!

If you have some pesto at home, you can spread 1/2 tbsp on to the salmon before adding the crumbs and roasting.

**No gluten option** – panko is replaced with quinoa flakes. Cook as per recipe instructions.



Scan the QR code to submit a Google review!



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into chips (see notes). Toss on an oven tray with **oil, salt and pepper**. Roast for 25 minutes or until golden. (See step 3).



### 4. COOK THE BROCCOLINI

Heat a frypan with **oil** and **1/4 cup water**. Trim and add **broccolini**. Bring to a boil and cook, covered, for 3–5 minutes or until softened to your liking. Transfer to a serving bowl.



### 2. PREPARE THE CRUMB

**Zest lemon** to yield **1/2–1 tsp**.

Combine **zest** with **panko crumbs**, **1/3 packet finely chopped parsley**, **1 1/2 tbsp oil, salt and pepper** in a bowl and mix to combine.



### 3. ROAST THE SALMON

When there is about 10 minutes left of cooking the **sweet potatoes**, remove the tray from the oven. Add **salmon** and top with the **crumb mixture** (see notes). Roast for a further 8–10 minutes or until golden and cooked to your liking.



### 5. FINISH AND SERVE

Serve crusted **salmon** with **sweet potato chips**, **broccolini** and **lemon** cut into wedges (see cover notes). Use the **aioli** for dipping and sprinkle with any leftover **parsley**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

